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Undertaker's Goods: Coffins, Caskets, Robes, Wrappers, Slippers, Grave Vaults. Disinfection—ROARK

Hair As a Sign of Health.

When people are in good physical condition, the fact is always apparent in their personal appearance. The skin, the teeth, the nails and the hair will all bear witness to the fact that it is well with their owner.

The appearance of the hair is a wonderful index to the state of health. When a person is in a lowered condition, either as a result of a severe illness or shock, or when suffering from poor digestion and defective circulation, the hair will at once betray the fact. It will be listless and dry-looking, and will oppose an aggravating resistance to all efforts to make it look well.

The great temptation at such a juncture is to overlook the local condition and neglect the general condition. The proper course to pursue is the exact reverse of this. It is true that something can be accomplished by the local measures. If poor circulation, for example, is at the root of the trouble, vigorous massage of the scalp will bring the needed blood to the surface, and the tiny roots at the base of each hair will get the nutriment for which they are starving. But efforts to improve the circulation of one particular spot are poor economy, unless joined to an attempt to better the general circulation, and this can best be accomplished by proper exercise, and above all, by proper breathing.

The man who said that deep breathing would cure baldness promised a little too much. Many people must bow their baldness to a destiny. At the same time, deep breathing will improve the circulation; if the circulation is improved, the scalp must come in for its share, and a healthy scalp means hair as good as the particular individual is entitled to.

In the matter of luxuriance, the inequalities in human fates seem to be marked. Some people, do what they will, always have a thin growth of hair, and others, in spite of ill health or negligence, have thick hair. It seems to be one of those questions where taking thought has little to do with it, one way or another. But the thinnest hair may be well kept; and softness and gloss, and a look of springing health, are largely within the control of all.

Hair that is not scrupulously clean will never look well, and many persons suffer from an unwarranted fear of the shampoo.

Very dry hair is very much improved in appearance by the tiniest application of some bland oil to the roots after the hair is dry. The hair brush has been so misused that it has fallen into disrepute with many people, but it is a very useful instrument if kept perfectly clean, and used with care and gentleness.

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Dr. Miles' Anti-Pain Pills are a standard remedy for pain, and are praised by a great army of men and women who have used them for years.

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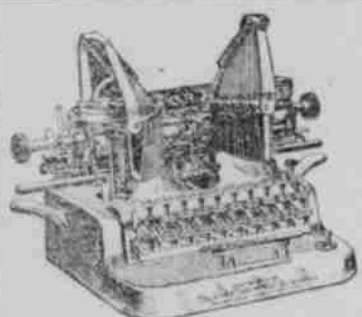
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Roark's Store News

Furniture, Moldings, Wall Paper

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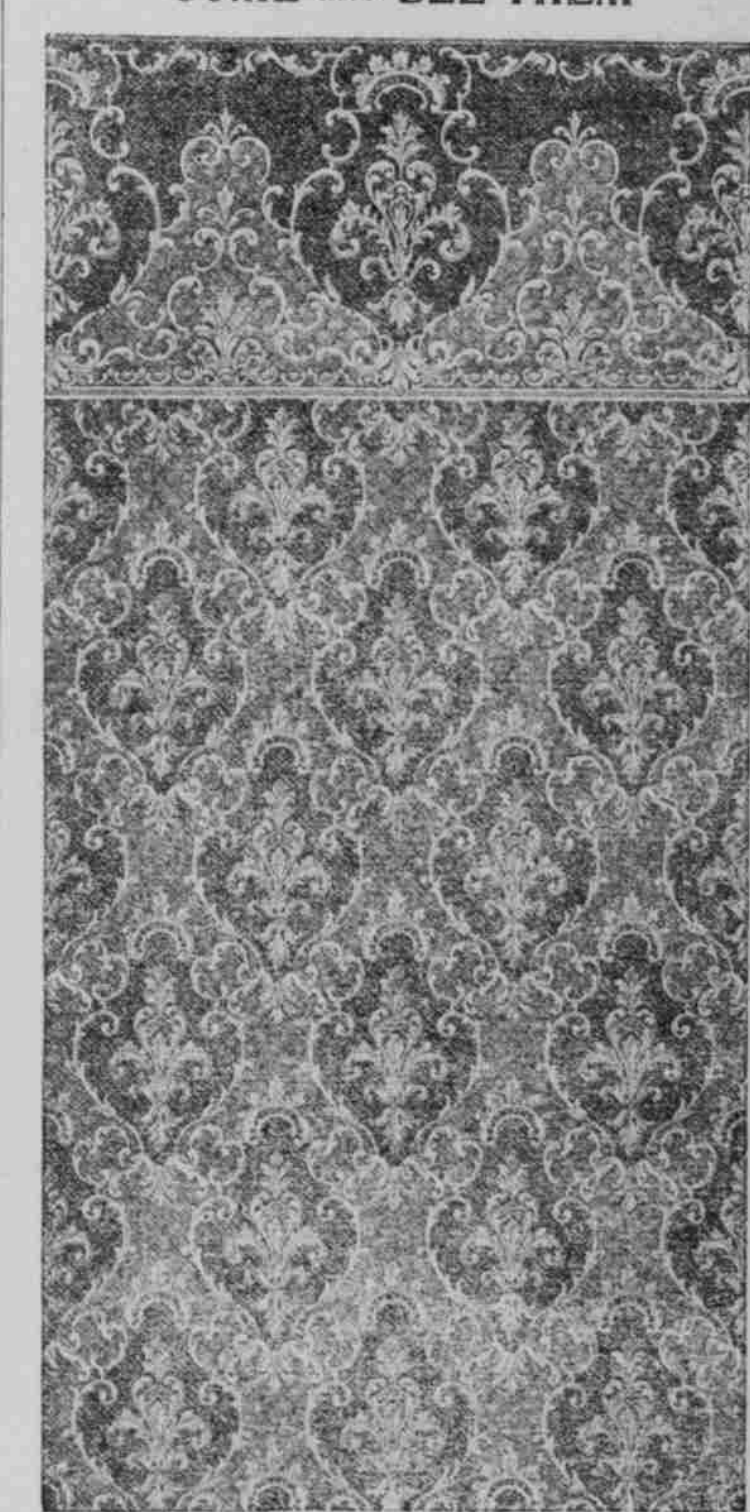
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